

2026 QUAD CITIES EATING DISORDER CONFERENCE

Location

Waterfront Convention Center
2021 State St.,
Bettendorf, IA



Date

Friday
Oct. 2nd 2026



Time

8:30AM – 3:00PM



KEYNOTE SPEAKER

Ann

Saffi-Biasetti

Somatic Psychotherapist,
Author, Consultant, and
Educator



The Sensing, Feeling Body in Eating Disorder Treatment: *Breaking Through the Mind/Body Divide*

RSVP TODAY!

To purchase and/or reserve your tickets at Eventbrite

[CLICK HERE](#) or visit qedconference.com

Questions? Email info@amysgift.com

Audience

Physicians, Psychiatrists, ARNPs, Social
Workers, Counselors, Nurses,
Psychologists, Dietitians, CN's, APN's,
other Health Care Professionals,
and the General Public

CME/CE Info

All providers looking for credits
will also need to create a profile
and register at
<https://cmetracker.net/MCRF/>
All speakers have signed
disclosure agreements, and any
conflicts of interest will be
presented prior to the event.
Evaluations will be submitted on
the day of the event for credit.

This activity has been planned and implemented in accordance with the Essentials and Standards of the Iowa Medical Society through the joint sponsorship of Amy's Gift and Midwest Cardiovascular Research Foundation. Midwest Cardiovascular Research Foundation is accredited by the Iowa Medical Society to sponsor continuing medical education for physicians.

Midwest Cardiovascular Research Foundation designates this Live activity for a maximum of 4.5 AMA PRA Category 1 Credits. Physicians should claim only credit commensurate with the extent of their participation in the activity.

Nursing: 4.5 contact hours awarded by the Iowa Board of Nursing Provider. This program may be used for 4.5 contact hours for ANCC recertification. Nursing IL may use CE certificate for IL license renewal.

All others: You may be eligible for up to 5.4 continuing education hours. Refer to your administrative guidelines.



Sponsors



UnityPoint Health
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Mood &
Anxiety
Center



Green Counseling
Services



2026 QC EATING DISORDER CONFERENCE SCHEDULE

Registration/Welcome

8:00-8:30 AM

Light breakfast will be provided for attendees. Vendor fair will be available in the lobby.

Keynote Presentation

QUAD CITIES ROOM

8:30-10:00 AM

The Sensing, Feeling Body in Eating Disorder Treatment:

Breaking through the Mind/Body Divide

KEYNOTE SPEAKER: Ann Saffi Biasetti, PhD, LCSW, C-IAYT

Neuroscience, trauma research, and consciousness studies now validate and respect the wisdom of great mystics, Indigenous cultures, yogis, and spiritual teachers who have long understood the deep interconnectedness of our bodies and minds. Despite this understanding, the concept of “mind over body” continues to dominate, especially in the treatment of eating disorders. What might change if we allowed the body to inform our treatment as much as the mind? Together, we will explore why our clients’ bodies are among the greatest resources for fostering holistic recovery: an approach that honors neurobiology, lived experiences, and the importance of embodiment.

15 MIN BREAK w/ VENDOR FAIR

Breakout Session One

10:15-11:15 AM

ILLINOIS ROOM

Gold Sponsor ERC
presents

Breaking the Silence: Eating Disorders in Midlife

Laura Briz, MD, Psychiatrist
educational credits offered

IOWA ROOM

Gold Sponsor Green Counseling
presents

The Threat-Based Brain: Implications for Eating Disorder Risk

Dr. Melinda Green, HSP, LP, LMHC
educational credits offered

BETTENDORF ROOM

Bronze Sponsor Odyssey
presents

A Family-Centered Approach to Supporting Eating Disorder Recovery

Gabriella Sloan, LCPC, LMHC
general public session

Lunch

MAIN ROOM

11:30 AM-12:30 PM

2026 QC EATING DISORDER CONFERENCE SCHEDULE

Breakout Session Two

12:45-1:45 PM

ILLINOIS ROOM

Silver Sponsor EDCI
presents

**Applying Acceptance and Commitment
Therapy (ACT) in the Treatment of Eating
Disorders: A Values-Based,
Compassion-Focused Approach**

Sabrina Rogers, MA, NCC, LMHC
educational credits offered

IOWA ROOM

Silver Sponsor Monte Nido
presents

**Unintended Consequences of "Healthy"
Eating and Exercise Education**

Alison St. Germain, MS, RD, LD, CEDS
educational credits offered

BETTENDORF ROOM

Platinum Sponsor Robert Young Center
presents

**BE REAL Materials:
Body Confident Tools for Professionals,
Parents, Adolescents and Children**

Diane Hudson, MEd, LMHC
general public session

15 MIN BREAK w/ VENDOR FAIR

Breakout Session Three

2:00-3:00 PM

ILLINOIS ROOM

Gold Sponsor ERC
presents

**Fertility, Hormones & Healing:
Eating Disorders and Reproductive Health**

Laura Briz, MD, Psychiatrist
educational credits offered

IOWA ROOM

Gold Sponsor Green Counseling
presents

**Solidifying Sense of Self:
Essentials for Eating Disorder Recovery**

Dr. Melinda Green, HSP, LP, LMHC
educational credits offered

BETTENDORF ROOM

Bronze Sponsor Odyssey
presents

**Befriending Your Body:
Embodiment and Mindfulness
Practices for Eating Disorder Support**

Alex Kurauskas, LMHC
general public session

Keynote Presentation
QUAD CITIES ROOM
8:30-10:00 AM**The Sensing, Feeling Body in Eating Disorder Treatment:
Breaking through the Mind/Body Divide****KEYNOTE SPEAKER: Ann Saffi Biasetti, PhD, LCSW, C-IAYT****Description:**

Neuroscience, trauma research, and consciousness studies now validate and respect the wisdom of great mystics, Indigenous cultures, yogis, and spiritual teachers who have long understood the deep interconnectedness of our bodies and minds. Despite this understanding, the concept of “mind over body” continues to dominate, especially in the treatment of eating disorders. What might change if we allowed the body to inform our treatment as much as the mind? Together, we will explore why our clients’ bodies are among the greatest resources for fostering holistic recovery: an approach that honors neurobiology, lived experiences, and the importance of embodiment.

Objectives:

- 1.Reivew the intersection of neuroscience, trauma research, and consciousness studies in validating the interconnectedness of body and mind.
- 2.Develop strategies for honoring neurobiology, lived experiences, and embodiment in treatment approaches to foster holistic recovery.
- 3.Identify potential barriers to incorporating a body-informed approach into treatment and strategies for overcoming them.
- 4.Illustrate ways to empower clients to tap into their bodily wisdom as a resource for recovery and healing.

Speaker Bio:

Ann Saffi Biasetti, PhD, LCSW, C-IAYT, is a transpersonal psychologist, licensed clinical social worker, and certified yoga therapist. She specializes in helping individuals heal their relationships with their bodies, food, and sense of self through somatic therapy, yoga therapy, and embodied self-compassion. Ann is the creator of the Befriending Your Body Program™, a somatic, self-compassion-based recovery program for disordered eating, and the author of *Your Body Never Meant You Any Harm: A Somatic Guide to Healing Your Relationship With Your Body*; *Befriending Your Body: A Self-Compassionate Approach to Freeing Yourself from Disordered Eating* and *The Awakening Self-Compassion Card Deck: 52 Practices for Self-Care, Healing, and Growth*. She contributed the chapter “The Process of Self-Compassion in Eating Disorder Recovery” to *Grounding Psychotherapy in Self-Compassion*.

Ann consults and lectures extensively on somatic psychotherapy, embodiment, and interoceptive awareness in the context of eating disorder recovery. Additionally, she serves as an instructor with the Center for Mindful Body Awareness and the Self-Compassion in Psychotherapy (SCIP) Program. A featured PESI presenter, she has appeared on multiple podcasts and trains professionals through the Befriending Your Body (BFYB) certification program.

Ann maintains a private therapy and consultation practice based in Saratoga Springs, New York, where she integrates mind-body modalities to facilitate holistic healing and personal growth. She enjoys yoga, meditation, nature, animals, music, and embodied living.

Breakout Session One**ILLINOIS ROOM**

10:15-11:15 AM

Breaking the Silence: Eating Disorders in Midlife***SPEAKER: Laura Briz, MD, Psychiatrist*****Description:**

Eating disorders in midlife are increasingly recognized as a significant health concern, affecting all genders. Key contributing factors include hormonal changes during perimenopause, evolving nutritional needs, and psychosocial stressors such as role transitions and life changes. Midlife individuals may also experience heightened body dissatisfaction due to age-related physical changes, compounded by cultural pressures around youth and appearance. Men in midlife face unique challenges, including underdiagnosis and stigma. Effective treatment requires age-appropriate, gender-inclusive, and trauma-informed approaches. Raising awareness, improving early detection, and promoting tailored interventions are critical for addressing the complex and often overlooked needs of this population.

Objectives:

1. Explain the impact of perimenopause and hormonal fluctuations on mood, appetite regulation and body image.
2. Discuss role transitions and psychosocial stressors that contribute to eating disorders during this period of life.
3. Identify the nutritional needs across the life span.

Speaker Bio:

Dr. Laura Villavicencio Briz is a psychiatrist practicing in ERC Pathlight's Downtown Chicago location, where she provides comprehensive mental health care to a diverse patient population. She completed her Adult Psychiatry Residency at the University of Illinois at Chicago (UIC) College of Medicine, where she also earned her Doctor of Medicine. Prior to her medical studies, Dr. Villavicencio Briz pursued a Master of Science in Medical Sciences with a focus on Anatomy from the University of South Florida and dual Bachelor's degrees in Economics and Biology from the University of Florida. Her multidisciplinary background informs her holistic approach to mental health, integrating insights from social determinants of health with evidence-based psychiatric care.

During her residency, Dr. Villavicencio Briz held the distinguished APA SAMHSA Minority Fellowship, supporting her focus on underserved populations and contributing to her expertise in women's mental health through a fellowship in this specialized area. Actively involved in academic psychiatry, she participated in the Clinician Educator Track, further enhancing her skills in patient-centered education and collaborative care. Her research and presentations reflect a commitment to addressing complex psychiatric cases, including her work on immigrant mental health and the nuanced treatment of intellectually disabled patients.

In addition to her clinical and research contributions, Dr. Villavicencio Briz is a member of various professional societies, including the American Psychiatric Association (APA), where she served on the Ethics Committee, and the Illinois Psychiatric Society. A native Spanish speaker, she provides culturally sensitive care to her patients and is an advocate for accessible mental health services. Outside of work, she enjoys practicing yoga, baking, and gardening, balancing her professional life with personal passions that contribute to her well-rounded approach to wellness.

Breakout Session One

IOWA ROOM

10:15-11:15 AM

The Threat-Based Brain: Implications for Eating Disorder Risk

SPEAKER: Dr. Melinda Green, HSP, LP, LMHC

Description:

Eating disorder symptoms and behaviors are often rooted in anxiety and a need for control. This presentation will examine the ways in which anxiety and a need for overcontrol may contribute to increased eating disorder risk. Treatment techniques for decreasing anxiety and overcontrol will be addressed.

Objectives:

1. Explain the relationship between anxiety, overcontrol, and eating disorder symptoms.
2. Describe the use of exposure-based techniques to reduce anxiety.
3. Demonstrate the use of RO-DBT skills to reduce overcontrol.

Speaker Bio:

Dr. Green has specialized in treating and preventing eating disorders for over 25 years. Dr. Green has published numerous scientific articles, book chapters, and a novel, all aiming to educate others about eating disorders. Dr. Green has presented her research at local, regional, national, and international conferences including conventions of the American Psychological Association, the Association for Psychological Science, the Midwest Psychological Association, the National Eating Disorders Association, and the Academy for Eating Disorders. Dr. Green's treatment and prevention research has been featured on Science Daily, Psychiatry Advisor, and Doctor's Radio, as well as other local, regional, and national media outlets. In recognition of her contributions to eating disorder prevention and treatment science, Dr. Green received the 2004 Science Directorate Dissertation Research Award of the American Psychological Association and the 2017 Psychotherapy with Women Award from the American Psychological Association Society for the Psychology of Women. Dr. Green also received a grant from the National Institute of Mental Health to conduct a clinical trial examining the efficacy of a dissonance-based eating disorder treatment paradigm.

Breakout Session One BETTENDORF ROOM

10:15-11:15 AM

A Family-Centered Approach to Supporting Eating Disorder Recovery

SPEAKER: *Gabriella Sloan, LCPC, LMHC*

Description:

This session provides psychoeducation for family members and caregivers supporting their loved one through eating disorder treatment and recovery. Key points of discussion include how caregivers can provide compassionate support for a holistic and individualized recovery process, the various resources available for eating disorder treatment in our country, and how caregivers can maintain their own well-being as they support their loved one.

Speaker Bio:

Gabbie is a gentle trauma-informed therapist and clinical supervisor serving individuals and families in Illinois and Iowa. She works from a humanistic and systemic lens, with experience in internal family systems, cognitive therapies, and emotion focused therapy. Her professional identity hinges upon autonomy, human dignity, unconditional positive regard, and compassion.

Gabbie's primary populations served are individuals with eating disorders, trauma survivors, and families supporting a child or loved one through a mental health struggle. She is especially drawn to working with "chronic" or "treatment-resistant" presentations, offering care that is collaborative, attuned, and deeply respectful of each client's lived experience.

She seeks to raise awareness about eating disorders and recovery through her work as a therapist, writer, and board member for the Eating Disorder Coalition of Iowa.

Breakout Session Two

ILLINOIS ROOM

11:30 AM-12:30 PM

Applying Acceptance and Commitment Therapy (ACT) in the Treatment of Eating Disorders: A Values-Based, Compassion-Focused Approach

SPEAKER: Sabrina Rogers, MA NCC LMHC

Description:

This presentation explores the application of Acceptance and Commitment Therapy (ACT) in the treatment of eating disorders across the diagnostic spectrum. Rooted in psychological flexibility and guided by values-based living, ACT offers a powerful, evidence-based approach for helping clients disentangle from unhelpful thoughts and behaviors, including those rooted in diet culture, body shame, and perfectionism. This session will cover core ACT principles, their adaptation for eating disorder treatment, and practical interventions for building willingness, reducing experiential avoidance, and fostering self-compassion and recovery. Attendees will leave with actionable tools and case examples relevant for individual and group settings.

Objectives:

1. Identify and explain the six core processes of ACT and how they apply to eating disorder treatment.
2. Describe how experiential avoidance and cognitive fusion sustain disordered eating behaviors.
3. Apply at least two ACT-based interventions to promote psychological flexibility in clients with eating disorders.
4. Demonstrate how to incorporate values clarification into recovery work to support long-term behavior change.
5. Adapt ACT techniques to address body image distress and promote a non-diet, weight-inclusive framework.

Speaker Bio:

Sabrina Rogers is a licensed mental health counselor, certified eating disorder specialist, and owner of Health Hope Harmony. In 2023 Sabrina transitioned from a solo provider to owning a group practice where her deep commitment to client-centered care shifted to teaching and supervising provisionally licensed providers and master's student interns, fostering their growth in the field. Additionally, Sabrina is the author of a 90-day body image journal and the host of a podcast dedicated to mental health and body neutrality.

In her free time Sabrina enjoys reading, dancing at Jazzercise, baking, crafts, and in the warmer weather camping, kayaking, and geocaching with her husband, son, and their dog Emrys.

Breakout Session Two

IOWA ROOM

11:30 AM-12:30 PM

Unintended Consequences of “Healthy” Eating and Exercise Education

SPEAKER: *Alison St. Germain MS, RD, LD, CEDS*

Description:

Healthcare professionals and fitness and wellness enthusiasts routinely discuss nutrition, weight, and exercise with patients/clients in an effort to improve health outcomes. However, common recommendations such as “eat this, not that,” “cut carbs,” “avoid sugar,” “reduce processed foods” or “exercise more” can have unintended consequences, particularly for individuals with existing or undiagnosed eating disorders.

Objectives:

1. Explain common nutrition, weight, and exercise recommendations that may unintentionally reinforce or exacerbate disordered eating behaviors.
2. Recognize signs and symptoms of eating disorders and disordered exercise behaviors that may be overlooked in healthcare settings, including among individuals who do not present as “underweight”.
3. Describe the potential psychological, behavioral, and physiological consequences of restrictive nutrition and weight-focused counseling approaches.
4. Apply weight-inclusive, trauma-informed communication strategies that promote health-supportive behaviors while reducing the risk of harm to individuals with existing or undiagnosed eating disorders.

Speaker Bio:

Alison St. Germain is a Registered Dietitian at Student Health and Wellness and the founder of St. Germain Consulting: Redefining Health—Nutrition for ALL Bodies, LLC. With a background in higher education, Alison has dedicated much of her career to teaching and advocating for healthcare without harmful stigma. She is a Certified Eating Disorder Specialist, Certified Intuitive Eating Counselor, and a Health At Every Size® (HAES) Facilitator. Alison is passionate about promoting diverse, equitable, inclusive, and accessible care. Alison regularly presents on weight bias and best practices for supporting individuals in a compassionate and stigma-free way. Her personal experience as a mother of two daughters fuels her commitment to weight inclusivity, anti-diet approaches, and raising awareness about eating disorder prevention, treatment, and recovery.

Breakout Session Two BETTENDORF ROOM

11:30 AM-12:30 PM

BE REAL Materials:

Confident Tools for Professionals, Parents, Adolescents and Children

SPEAKER: Diane Hudson, MEd, LMHC, CYT200

Description:

Today's explosion of social media use has created an epidemic of body image problems for young people. Body dissatisfaction affects upwards of 70% of adolescent girls and 40% of adolescent boys. Research ties body dissatisfaction to a host of adolescent mental health problems from eating disorders to depression and isolation, to suicidal ideation. This presentation will share ways the adults in children's lives can set better examples and provide support for the growing children in their lives. It will also provide content updates for all the BE REAL materials, including the BodyKind Body Image Curriculum and the Let's Eat Nutrition Lessons. Whether you are a parent, guardian, community leader, educator, dietitian, counselor, or nurse, there will be valuable information to receive on how you can better support the children and adolescents in your life!

Speaker Bio:

Diane is a licensed mental health counselor (LMHC), a Nationally Certified Counselor (NCC), a member of the American Counseling Association (ACA), Certified Yoga Teacher, and a BE REAL Ambassador. She has completed iaedp (International Association for Eating Disorder Professionals) Core Course Training and is working towards her iaedp Educational Designation. Diane is the owner of New Moon Wellness QC, supporting clients across the state of Iowa via telehealth and in-person in Bettendorf, Iowa.

Diane attended Western Illinois University where she graduated in 2005 with a Bachelor of Science degree in Law Enforcement and Justice Administration, 2010 with her Master of Science degree in Educational Studies, and 2019 with her Master of Science degree in Clinical Mental Health Counseling. Her professional experience includes Life Connections Mental Health, Davenport Police Department, American Red Cross, internships at the Robert Young Mental Health Center, and The Abbey Addiction Treatment Center; as well as many volunteer opportunities including the Quad Cities Sexual Assault Response Team (SART), and Amy's Gift (QC Eating Disorder Consortium).

Diane specializes in treating clients who present with concerns related to eating disorders, perinatal mood and anxiety disorders, adjustment-related stressors, anxiety, depression, and other trauma related stressors. She works primarily with individuals aged 14 and up. Her main treatment modalities are rooted in the theory of Somatic Experiencing®, Eye Movement Desensitization and Reprocessing (EMDR) therapy, and Dialectical Behavior Therapy (DBT) techniques: a skills-based approach including mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. She has been presenting for over a decade at local and regional conferences on the topic of using yoga and mindfulness as a tool for supporting emotional health.

"My goal is to provide a safe, supportive, and empowering space where, together, we can slow things down and untangle the stressors of life." – Diane

Breakout Session Three**ILLINOIS ROOM**

2:00-3:00 PM

Fertility, Hormones & Healing: Eating Disorders and Reproductive Health***SPEAKER: Laura Briz, MD, Psychiatrist*****Description:**

This presentation provides an in-depth examination of the intersection between eating disorders and reproductive health, with a focus on clinical implications and multidisciplinary care strategies. It outlines the diagnostic criteria, pathophysiology, and epidemiology of key eating disorders—including anorexia nervosa, bulimia nervosa, and binge eating disorder—emphasizing their systemic effects on reproductive function. Key topics include infertility, complications during pregnancy, and the long-term impact of malnutrition on reproductive health. The presentation also explores psychosocial factors, such as stigma and body image dissatisfaction, which influence patient presentation and treatment adherence. Healthcare providers will gain insights into best practices for screening, early intervention, and collaborative care planning involving dietitians, mental health professionals, gynecologists, and endocrinologists. The presentation aims to enhance clinical awareness, encourage trauma-informed care, and promote integrated treatment approaches to improve reproductive outcomes in patients affected by eating disorders.

Objectives:

1. Explain the physiological mechanisms by which eating disorders impact reproductive health, including menstrual irregularities, infertility, and hormonal dysfunction.
2. Describe the short- and long-term reproductive complications associated with eating disorders, including risks during pregnancy and postpartum.
3. Develop integrated care plans that involve interdisciplinary collaboration among medical, nutritional, and mental health professionals.

Speaker Bio:

Dr. Laura Villavicencio Briz is a psychiatrist practicing in ERC Pathlight's Downtown Chicago location, where she provides comprehensive mental health care to a diverse patient population. She completed her Adult Psychiatry Residency at the University of Illinois at Chicago (UIC) College of Medicine, where she also earned her Doctor of Medicine. Her multidisciplinary background informs her holistic approach to mental health, integrating insights from social determinants of health with evidence-based psychiatric care.

During her residency, Dr. Villavicencio Briz held the distinguished APA SAMHSA Minority Fellowship, supporting her focus on underserved populations and contributing to her expertise in women's mental health through a fellowship in this specialized area. Actively involved in academic psychiatry, she participated in the Clinician Educator Track, further enhancing her skills in patient-centered education and collaborative care.

In addition to her clinical and research contributions, Dr. Villavicencio Briz is a member of various professional societies, including the American Psychiatric Association (APA), where she served on the Ethics Committee, and the Illinois Psychiatric Society. A native Spanish speaker, she provides culturally sensitive care to her patients and is an advocate for accessible mental health services. Outside of work, she enjoys practicing yoga, baking, and gardening, balancing her professional life with personal passions that contribute to her well-rounded approach to wellness.

Breakout Session Three

IOWA ROOM

2:00-3:00 PM

Solidifying Sense of Self: Essentials for Eating Disorder Recovery

SPEAKER: Dr. Melinda Green, HSP, LP, LMHC

Description:

Eating disorder symptoms are often accompanied by a diffuse sense of self which is overly reliant upon the opinions of others. This results in rejection sensitivity and “people pleasing” (sociotropy) in interpersonal relationships. These tendencies can increase a drive for thinness as a mechanism for social approval. This presentation will examine these risk factors and explore treatment techniques for reducing their impact.

Objectives:

- Provide interpersonal risk factors for eating disorders including a diffuse sense of self, sociotropy, and rejection sensitivity.
- Discuss the ways in which these tendencies increase eating disorder risk via thin ideal internalization and maladaptive social comparison.
- Identify treatment techniques for reducing these risk factors.

Speaker Bio:

Dr. Green has specialized in treating and preventing eating disorders for over 25 years. Dr. Green has published numerous scientific articles, book chapters, and a novel, all aiming to educate others about eating disorders. Dr. Green has presented her research at local, regional, national, and international conferences including conventions of the American Psychological Association, the Association for Psychological Science, the Midwest Psychological Association, the National Eating Disorders Association, and the Academy for Eating Disorders. Dr. Green's treatment and prevention research has been featured on Science Daily, Psychiatry Advisor, and Doctor's Radio, as well as other local, regional, and national media outlets. In recognition of her contributions to eating disorder prevention and treatment science, Dr. Green received the 2004 Science Directorate Dissertation Research Award of the American Psychological Association and the 2017 Psychotherapy with Women Award from the American Psychological Association Society for the Psychology of Women. Dr. Green also received a grant from the National Institute of Mental Health to conduct a clinical trial examining the efficacy of a dissonance-based eating disorder treatment paradigm.

Breakout Session Three **BETTENDORF ROOM**

2:00-3:00 PM

Befriending Your Body: Embodiment and Mindfulness Practices for Eating Disorder Support

SPEAKER: Alex Kurauskas, LMHC

Description:

The Befriending Your Body Program (BFYB)[™] is a unique trauma-informed Somatic Self-Compassion Recovery program teaching the skills of embodiment and self-compassion for disordered eating and making peace with your body, food and self. Different from a traditional support group or therapy group, the BFYB Program is a psycho-educational program that offers teachings about the brain, nervous system, and the inner communication our bodies have lost along the way. This presentation will highlight the most impactful components of the program and offer experiential elements to help attendees understand how it can support them or their clients.

Speaker Bio:

Alex is a licensed mental health therapist with experience in a variety of clinical settings. She uses evidence-based approaches, including Dialectical Behavior Therapy (DBT), Cognitive Behavioral Therapy (CBT), and Acceptance and Commitment Therapy (ACT) to support and empower clients. Because each person is unique, Alex enjoys creating individualized treatment plans tailored to meet her clients' needs. She is also a certified instructor for the Befriending Your Body Program[™] and is pursuing certification as a Certified Eating Disorder Specialist (CEDS).

Alex is the lead therapist for the Eating Disorders Intensive Outpatient Program at the Robert Young Center, based in Davenport Iowa, where she integrates the Befriending Your Body Program lessons and practices as a foundation for healing.

In her free time, she enjoys exploring new places and has visited nearly all 50 states and a few foreign counties.